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COUVER • WEDNESDAY, OCTOBER 21, 2009 metronews.ca

Celebrity Buzz

Jon has admirer in Octomom

pg 22

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B.C. moves to make body armour illegal

LEGISLATION British Columbia is introducing the first law in Canada restricting the sale and possession of body armour.

The law makes illegal possession of bullet-resistant vests liable to fines of up to $10,000 and a maximum six months in jail.

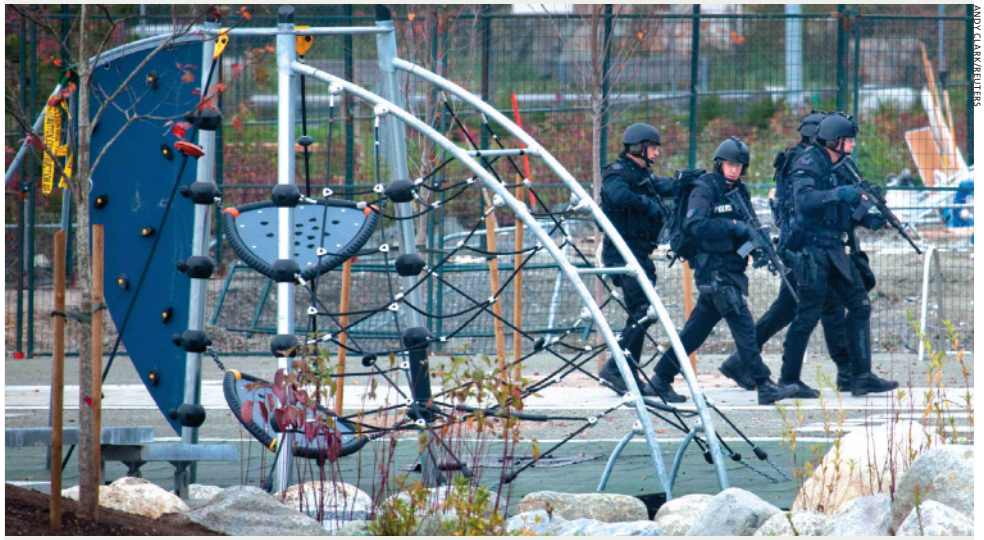
Sales will be restricted to law-enforcement agencies and private security and investigation firms.

B.C. Solicitor General Kash Heed said the move is meant to target gang violence.

Gangsters fearful of being targeted by rivals now routinely wear body armour and police are seeing it even among lower-level thugs involved in the street drug trade.

THE CANADIAN PRESS

2010 Olympics Security exercises



ANDY CLARK/REUTERS

Members of the RCMP Emergency Response Team conduct an exercise at the Athletes' Village in Vancouver yesterday. Security officials are conducting security-training operations to prepare for the 2010 Games. Among the scheduled activities was an operation on a dinner cruise ship in Coal Harbour last night.

Skills of the road

Video appears to show bus driver playing Sudoku while driving

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Coast Mountain Bus has launched an investigation into a video posted on YouTube yesterday that appears to show a Surrey bus driver doing a Sudoku puzzle while driving along the Fraser Highway.

Gordon McDonald told Metro Vancouver that he used his cellphone to record the driver on Monday evening aboard the Willowbrook bus that goes to Langley from King George Station.

"I was only on the bus for 10 blocks or so, and he was playing it pretty much from the time we got on the Fraser Highway to 152nd Street," said McDonald. "It was just totally inappropriate for him to be doing that."

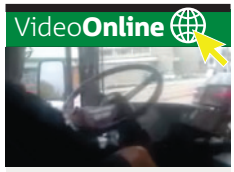
McDonald claimed he was on the same bus the previous Monday, and the same driver was reading a magazine while negotiating through "start-and-stop traffic" on a rain-soaked road.

"It just really irritated me. If my grandson had been on that bus, I would have been having a shouting match with that bus driver," said McDonald.

"This guy just seems to be oblivious to the fact that he's responsible for 20 people on the bus and everyone else on the road."

Derek Zabel, spokesperson for Coast Mountain Bus Company, said that since receiving a link to the video from Metro, officials have launched an investigation.

VideoOnline



To see the video, visit metronews.ca

He said there are no explicit policies in place outlining what drivers can and can't do behind the wheel, but that operators are trained to follow the law and should be using common sense.

"Our operator training is a six-week program and it's all geared toward driving safely," said Zabel. "Coast Mountain trains our drivers … to use observation skills in which they'd check their mirrors every six to eight seconds and to constantly scan. If you're doing a Sudoku puzzle, you can't be doing that."

As for whether the driver could face discipline, Zabel said Coast Mountain keeps those matters private between the company and the employee.

"If the driver got into an accident, they would be open to charges," he said. "We should be following the Motor Vehicle Act."

ShareYourViews
vancouverletters@metronews.ca

Migrants due proper proceedings: Lawyer

IMMIGRATION Canadians must uphold their "moral responsibility" and allow immigration proceedings to run their course in the cases of the 76 illegal migrants — believed to be Tamil men from Sri Lanka — found aboard the Ocean Lady last week, the Canadian Tamil Congress (CTC) said yesterday in downtown Vancouver.

Anandasangaree

"I think we need to recognize Canada is a country of immigrants," said Gary Anandasangaree, the CTC's general counsel.

He added that though the migrants have a right to counsel, the CTC does not believe they have been given full access to those legal resources.

Many of the migrants are expected to apply for refugee status, something they cannot do in Sri Lanka because Canada does not recognize the South Asian nation as a source country for refugees.

The only way Sri Lankans can apply for refugee status is to go through a lengthy process with an immigration agency or apply from another country, Anandasangaree said.

The nature of the migrants' flight speaks to the abhorrent conditions they face at home, said CTC national spokesperson David Poopalapillai.

"Stop the persecution," he said. "We've done it for many other nations, it's time to do it for Sri Lanka as well."

KIMBERLY SHEARON/
FOR METRO VANCOUVER

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See page 8 for more.

Workology pg 12

Bonnie Fuller on journalism

On the web

Visit metronews.ca for news updates

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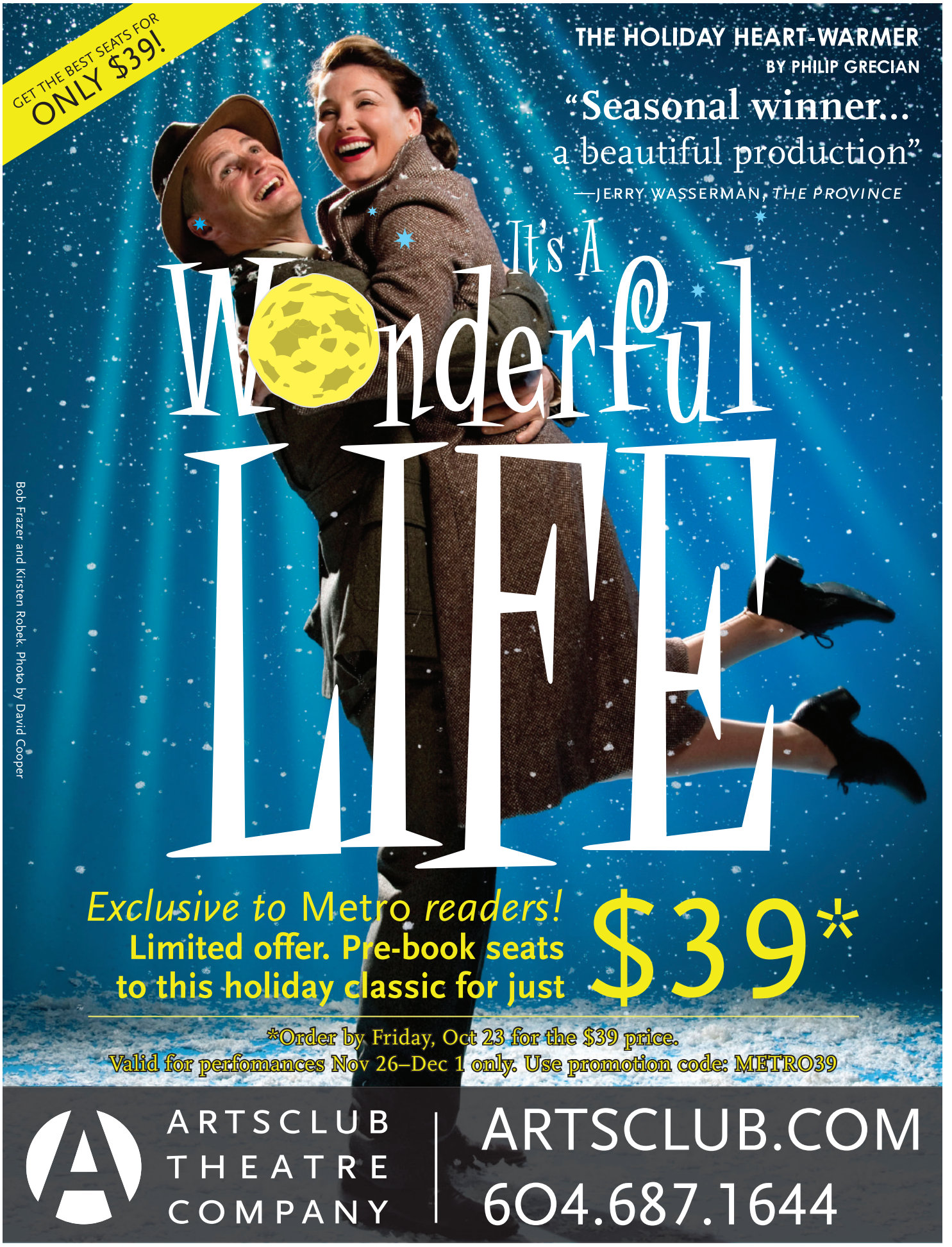
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Bob Frazer and Kirsten Robek. Photo by David Cooper

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SCANLIFE

Local

Taste wine at World of Science

The Telus World of Science will be hosting a night of wine tasting at this month's adults-only evening. Visitors will get to speak with experts about the genomics of wine at the event on Friday night. The evening ties in with the current feature exhibition, The Geee! in Genome. Tickets are $45 per person or $80 per couple. .

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

H1N1 death toll hits 9 in province

TOLL The number of confirmed deaths from the H1N1 virus in B.C. has risen to nine.

The B.C. Centre for Disease Control says there have been two deaths in the Fraser Valley region in the last week, though one of the deaths was originally confirmed on Thursday.

That victim, a woman in her 20s, is the first in B.C. to die of H1N1 without suffering from underlying medical conditions.

Provincial health officer Dr. Perry Kendall has said while each death is a tragedy, the province has been expecting to see some cases with people who were previously healthy.

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WHAT'S ONLINE TODAY

Video Jean Chrétien awarded the Order of Merit by the Queen at Buckingham Palace at **metronews.ca/canada**

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STIG NIELSEN/FOR METRO VANCOUVER

Chef Vikram Vij serves a man during a Chefs Day event at Oppenheimer Park yesterday.

Top chefs serve up free feast in park

STIG NIELSEN
for Metro Vancouver

Local chefs celebrated International Chefs Day yesterday by treating low-income people to a meal at a Vancouver park.

Fifty top-name chefs and their apprentices and helpers cooked for a line of hungry people stretching halfway around Oppenheimer Park in the Downtown Eastside.

Vikram Vij, head chef at Vij's, said he took part because he wanted to serve people who might never have a chance to visit a restaurant.

"I think it's great for us to get together and feed the people and just thank God … There is actually no reason why I would not be on the other side (of the food line)," Vij said.

With a smile and a second serving of perogies, which he claimed were "the best," Bob Berglind, a DTES resident, said he was enjoying the experience.

"I think it's great they will come down here. It's all great food, and they really do help us out," Berglind said.

He predicted the food line would last as long as there were perogies, beat roots and sausage left.

News in brief

BODY The body of a woman in her 40s was recovered from English Bay yesterday. Vancouver police say it's too early to say how the woman died, but foul play is not suspected.

PLANE No one was injured after an Air Canada jet hit a bird shortly after leaving YVR and had to turn around and make an emergency landing.

METRO NEWS SERVICES

Ferry seen as boost for West Vancouver

Councillor hopes new route brings tourists

KIMBERLY SHEARON
for Metro Vancouver

The District of West Vancouver hopes a ferry route linking the municipality with downtown Vancouver will be the first step in kick-starting the community's waterfront revitalization effort, one city councillor said yesterday.

"What we're hoping is that it'll become a transportation route that runs all day long," said West Vancouver Coun. Shannon Walker.

Council voted Monday night to back a six-month trial of the ferry route.

The route has been in talks for nearly a decade, she said. If successful, the ferry could encourage more tourists to visit the municipality's picturesque Ambleside business district, which will in turn lead to more development of the waterfront community.

Peter Oates, who owns Carmelo's, a popular Italian restaurant in the 1400 block of Marine Drive, said he welcomes the ferry project.

"Anything that brings business into Ambleside is good," he said, adding that the restaurant is eager to roll out the carpet for out-of-town diners.

Coastal Link Ferries, which already runs a route between Bowen Island and Coal Harbour, will operate the pilot project and hopes to have it up and running by Nov. 1.

"The sailing time (from West Vancouver) to downtown is only 10 minutes; with turnaround it's 15," said Ihab Shaker, who owns the private ferry company.

During the trial period, the ferry will only run during peak commuter hours, but Shaker said he would "love nothing more" than to expand to full-day service.

KIMBERLY SHEARON/FOR METRO VANCOUVER

Ihab Shaker sits in the ferry he will use to transport commuters between West Vancouver and downtown Vancouver.

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Monique lives in Quebec City and works in the health sector. She was looking for a healthy way to lose weight and tried Apple Cider 600. She lost 16 pounds in 6 weeks!

"My name is Monique and I work night shifts in the health care sector five days a week. It's a hard schedule, and it made me gain a lot of weight - about 25 pounds. "

My pharmacy recommended Apple Cider 600™!

"Even though I exercised a lot, I could never lose the weight. Especially my legs felt very heavy. It was frustrating! At my local pharmacy I spoke to the naturopath, and he advised me to take Apple Cider 600, in order to lose fat and retained water. I bought a few boxes and started the diet."

I lost 16 pounds in 6 weeks!

"Apple Cider 600 worked great. After 6 weeks my weight went from 153 lbs to 137 lbs, just by taking the tablets. The best part is that I finally lost weight from my legs – lots of weight! I didn't exercise while taking Apple Cider 600*, but I was careful not to eat unhealthy snacks and I did drink a lot of water, as recommended. My body truly transformed itself. I highly recommend Apple Cider 600 to anyone who would like to lose weight safely. This product works! I am thrilled with my new body!"

- Monique, QC

Water retention makes you bloat!!

Weight loss is not only about increasing metabolism to burn fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles look and feel heavy, pants fit tighter and your bra may become uncomfortably snug.

What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctor's say, because of the rise and fall of hormone levels.

So how can Apple Cider 600 help?

Apple Cider 600 is an effective formula of three herbs and plant extracts, designed to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism, balance digestion and alleviate stomach disorders. Globe artichoke stimulates your bodies detox process and dandelion is a strong diuretic, which for decades was used to eliminate retained fluids, commonly stored among the fat cells and soft tissue.

Apple Cider 600 has been developed by New Nordic, a Scandinavian manufacturer of high quality natural products. Apple Cider 600 is available at participating pharmacies and stores: Participating Shoppers Drug Mart, London Drugs, Wal-Mart, Zellers, Alive, GNC, Thrifty's and other health food stores and pharmacies.

For more information, please visit www.newnordic.ca or call 1 800 261 4223.

**For best results, New Nordic recommends exercising as a part of healthy leaving.*
The testimonial above is one user's personal experience.

Dreams come true for low-income children
About 150 low-income children from the Lower Mainland were taken to Disneyland yesterday as part of Air Canada's Dreams Take Flight program. METRO VANCOUVER

Vision of greener city

Plan calls for new jobs, cutting fossil fuels by 2040

JEFF HODSON
jeff.hodson@metronews.ca

Vancouver should plant 150,000 new trees, vastly expand its parks and eliminate its dependence on fossil fuels, the city's Greenest City Action Team said yesterday.

Mayor Gregor Robertson, who co-chaired the group of 14 politicians, environmentalists and business people, introduced the 10-year action plan in Downtown Vancouver yesterday.

"If we don't achieve true sustainability within a generation, we're in big trouble," Robertson said.

"It's imperative. The good news is we stand to benefit economically and through livability."

The plan contains a number of ambitious goals for 2020, among them:

- Creating 20,000 new green jobs.
- Reducing greenhouse gas emissions 33 per cent below 2007 levels.
- Having the majority of city trips involve walking, cycling or public transit.
- Reducing by 40 per cent solid waste per capita going to landfill or incinerators.

NPA Coun. Suzanne Anton said the plan was prepared in secret, unlike the former council's EcoDensity initiative that was formed with public feedback.

Beyond the 10-year targets, 2020 Vancouver: A Bright Green Future calls for eliminating fossil-fuel use by 2040.

It also hints at "re-imagining public spaces," turning Granville and Robson streets downtown into car-free corridors; replacing the Georgia Viaduct; and creating a series of linked plazas throughout the downtown.

The report also mentions the creation of community orchards and increasing access to the waterfront.

Bylaws changed to protect lawful protesters

VANCOUVER 2010 Games

ADJUSTMENTS Vancouver has tweaked its controversial Olympic bylaws to ensure they target ambush marketers and not citizens engaged in lawful protest, the city said yesterday.

But the B.C. Civil Liberties Association, which supports two activists who are suing the city over the bylaws' constitutionality, called the 11th-hour response "a delay tactic" to ensure the lawsuit does not make it to court.

Vancouver Mayor Gregor Robertson said in a release that the city has already made a number of changes after a July council debate.

The changes include reducing the areas of the city impacted by the bylaws, the length they stay in effect and clarification to ensure that they target commercial advertisers, not political expression. Robertson also promised Vancouver would not use its power to jail people for bylaw violations.

JEFF HODSON/METRO VANCOUVER

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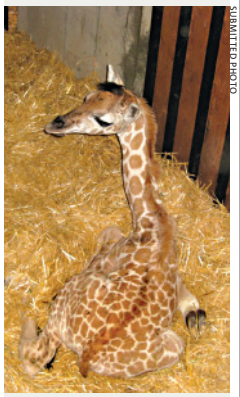
Evil Dead hits town
Evil Dead: The Musical hit the Vogue Theatre for its first Vancouver show last night. The stage adaptation of Sam Raimi's classic cult series runs until Halloween. Guests who sit in the "splatter zone" wind up covered in fake blood. METRO VANCOUVER

Zoo **Birth**


SUBMITTED PHOTO

A giraffe was born at the Greater Vancouver Zoo on Sunday night. She will make her public debut today, from 1 to 2 p.m.

Library's decision to not allow event stands

An Australian right-to-die group will not be allowed to present its suicide workshop at the Vancouver Public Library, the city's library board has reaffirmed.

The board was re-examining a decision by city librarian Paul Whitney that prevented Exit International from hosting a discussion about assisted suicide and a workshop on how to kill oneself.

According to a release by the B.C. Civil Liberties Association, the board's decision was made in camera and based on a legal opinion that was not released.

Whitney said previously that he cancelled the booking on the advice of lawyers and police officers who told him it could violate the Criminal Code.

Exit International is holding its workshop on Nov. 4 at the Unitarian Church near Oakridge Mall.

JEFF HODSON/ METRO VANCOUVER

Torch making halfway done

BOMBARDIER With the Olympic torch about to be lit in Olympia, Greece, the company making torch copies is about halfway through a relay of its own.

Bombardier Inc. has reached a milestone with the completion of half the 12,000 torches that will be used in the cross-Canada relay leading up to the Vancouver Olympics.

THE CANADIAN PRESS

Word on the Street: TransLink's considering ending its AirCare program, saying it may have been made unnecessary by newer cars producing cleaner emissions. What do you think?

Jinene Matheson
age 22, Vancouver

A: I believe they shouldn't because it is a way to make sure those cars can go through inspection, and reduce pollution. If we take it away, it means we would have all these cars that should not be on the road.

Brook Lotzkar
age 18, Tsawwassen

A: No, the main idea of the program is to reduce the polluting cars in the streets, so I guess that's my reason to say no. We will get more fuel-efficient cars on the streets in that way.

Sean Paddiso
age 33, Vancouver

A: I think they should trash it because it is of no use. There are other places in Canada that do not have it, and there is nothing wrong with their provinces.

News in brief

FIRE Two people were taken to hospital after someone threw what appear to be Molotov cocktails at two suites in a Burnaby apartment. Police say the attack was likely targeted.

ARREST Vancouver police have made another arrest from the Con Air Top 10 list. Nelson Earl Nepinak, 23, was picked up early yesterday morning, and arrangements are being made to return him to Saskatchewan where he is wanted on several charges.

METRO NEWS SERVICES

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PEOPLE POWERED

Chrétien invested with Order of Merit

Former prime minister Jean Chretien, who once forced news mogul Conrad Black to choose between a British lordship and his Canadian citizenship, was invested yesterday with the Order of Merit by the Queen. THE CANADIAN PRESS

Canada/World

SEAN KILPATRICK/THE CANADIAN PRESS

Minister of Justice and Attorney General of Canada Rob Nicholson holds a press conference yesterday to discuss white-collar crime legislation.

Ottawa targeting white-collar crime

Tories seek stiffer sentences for hucksters

White-collar criminals who bilk their victims of more than $1 million will face at least two years in jail, under new legislation the federal government plans to introduce this week.

Justice Minister Rob Nicholson, flanked by representatives of victims groups, announced Tuesday he'll table a bill to impose stiffer sentences on white-collar criminals, bar them for life from handling people's money and possibly force them to pay their victims back.

He also indicated Public Safety Minister Peter Van Loan is preparing measures to ensure white-collar criminals can't win parole after serving just one-sixth of their sentences.

"We are committed to cracking down on white-collar crime and increasing justice for victims by providing tougher sentences for the criminals responsible," Nicholson said.

Fraud "can be every bit as devastating as a physical assault."

The minister has sought the spotlight on these measures, announcing his intentions for the bill several times recently, in interviews and news conferences.

But legal experts and victims alike immediately wondered whether the new legislation would be any more effective than the current regime.

The list includes paying attention to the financial and psychological impact of the fraud, whether the offender broke licensing rules and standards and the complexity of the scheme.

THE CANADIAN PRESS

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Charged scientist worked on sensitive projects

A scientist who allegedly tried to sell classified U.S. secrets to Israel worked on the Reagan administration's Star Wars missile shield program, a former colleague said yesterday.

In an interview, Scott Hubbard said that a scientist arrested in an FBI sting, Stewart David Nozette, was primarily a technical defence expert working on the Reagan-era effort formally named the Strategic Defence Initiative.

"This was leading edge, Department of Defence national security work," said Hubbard, a professor of aerospace at Stanford University who worked for 20 years at NASA.

A leader in recent lunar exploration work, Nozette was arrested Monday and charged in a criminal complaint with attempting to communicate, deliver and transmit classified information, the Justice Department said.

To build a case against Nozette, FBI agents posed as officers of the Israeli intelligence service Mossad, and the criminal complaint suggests why they thought their suspect would take the bait.

From 1998 to 2008, the complaint alleges, Nozette was a technical adviser for a consultant company that was wholly owned by the Israeli government. Nozette was paid about $225,000 over that period, the court papers say. The complaint does not allege that the government of Israel or anyone acting on its behalf violated U.S. law. THE ASSOCIATED PRESS

'Tell them everything'

- In January of this year, Nozette allegedly travelled to a foreign country with two computer thumb drives and apparently did not return with them. Prosecutors also quote an unnamed colleague of Nozette who said the scientist said that if the U.S. government ever tried to put him in jail for an unrelated criminal offence, he would go to Israel or another foreign country and "tell them everything" he knows.

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Peru **Abortion debate flares up**

KAREL NAVARRO/THE ASSOCIATED PRESS

People demonstrate against legal abortion in the Peruvian capital of Lima yesterday. A legislative commission recommended the decriminalization of abortion in cases of rape or if the fetus has severe deformities.

News in brief

OLYMPIC BIDS Chinese sports officials struck a deal to bring the Olympics to Beijing, promising to support Jacques Rogge's bid to head the International Olympic Committee in return for European backing for Beijing's bid, according to a memoir. Retired sports minister and president of the Chinese Olympic Committee Yuan Weimin describes in his book, Yuan Weimin and the Sports World, the alleged arrangements surrounding Beijing's Olympic bid in 2001. The alleged deal would have impacted Canada as Toronto bid against Beijing. THE CANADIAN PRESS

Media less free: Watchdog

PRESS The news media got a little less free in Canada this year, says a watchdog group in its annual ranking of press freedom worldwide.

Canada fell to 19th place this year from 13th last year on Reporters Without Borders' index of freedom of the press. The analysis covers print, broadcast and online journalism in 175 countries.

Lawsuits intended to silence critics under the weight of the hefty cost of a legal defence — known as strategic lawsuits against public participation, or SLAPP suits — also factored into the drop, said Dennis Trudeau, a spokesman for Reporters Without Borders' Canadian chapter. THE CANADIAN PRESS

Challenges

- Reporters Without Borders, also known by its French acronym RSF, says court challenges to journalists' rights to protect their sources precipitated Canada's drop six spots from last year's ranking.

Sperm donor passed on deadly trait to 9 of 24 children

U.S. A sperm donor passed on a potentially deadly genetic heart condition to nine of his 24 children, including one who died at age two from heart failure, according to a medical journal report.

Two children, both now teenagers, have developed symptoms and are at risk for sudden cardiac death, the report says.

It's the second documented instance of a genetic condition being inherited through sperm donation.

The San Francisco sperm bank involved now gives all donors electrocardiogram tests.

Voluntary sperm bank guidelines say donors should be required to provide a complete medical history. THE ASSOCIATED PRESS

News in brief

COLORADO An investigation into possible criminal charges for a couple who told authorities their son floated off in a balloon has spread to those who worked with them. Robert Thomas told investigators about what he observed between Richard and Mayumi Heene when he helped record the husband's ideas, said Thomas' attorney, Linda Lee, who said Richard Heene was "obsessed" with trying to land a TV show." THE ASSOCIATED PRESS

Air Canada workers to be shareholders 7
Unionized Air Canada employees are about to become shareholders with a 15 per cent stake in the airline, for agreeing to a year-and-a-half pension moratorium. THE CANADIAN PRESS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Loonie takes a dive

Dollar falls on Bank of Canada warning

The Bank of Canada's warning about the state of the economy drove down the loonie by nearly two cents yesterday.

The central bank's governing council declared a strong loonie would threaten Canada's economic recovery, saying its recent rise already more than offset all the encouraging indicators seen over the summer.

The impact of the bank's statement was immediate, with the currency dropping a cent within minutes. At one point, it fell to 94.53 cents US — the biggest one-day drop since last November — but regained some value later in the day, climbing to 95.37 cents US by afternoon.

In September, Bank of Canada enthused that the recovery was going so well, it was expecting to revise its July growth forecast that predicted 1.3 per cent growth in the gross domestic product in the third quarter and three per cent in the fourth.

But that was when the bank expected the loonie to average 87 cents US through 2010. It hasn't been behaving as the bank thought. Until yesterday's drop-off, the loonie was about 10 cents US above the value used in the bank's projection and was widely expected to hit parity and beyond by year end.

THE CANADIAN PRESS

Coca-Cola A new expedition

THE ASSOCIATED PRESS

This promotional image shows a logo for Coca-Cola Co.'s "Open Happiness" campaign. Dubbed Expedition 206, it marks another big-name brand delving into social media.

Inco office workers can do miners' work for now, board rules

MINING Both the United Steelworkers union and miner Vale Inco claimed partial victory yesterday after an Ontario labour board ruling on office workers doing miners' jobs in an ongoing strike.

The Ontario Labour Relations Board ruled it won't yet order Vale Inco to stop using office employees to do the work of striking mill and mine workers in Sudbury. It has agreed to hear the case and determine if the company's actions are legal under Ontario labour law.

THE CANADIAN PRESS

Price war over iPhone not the Canadian way: Analysts

Apple Inc.'s iPhone will soon be offered by more carriers in Canada but an increase in smartphones is not likely to add up to a price war, analysts say.

There's plenty of room in the market for the iPhone among all of Canada's three major wireless carriers, according to IDC Canada analyst Kevin Restivo. Rogers Wireless has been offering the iPhone since July 2008 and Bell and Telus have announced they will offer it in November.

"Consumer smartphone adoption is just picking up," Restivo said, adding that smartphone penetration was at 20 per cent of the Canadian market.

Increasing iPhone demand also means more competition for BlackBerry maker Research In Motion.

PAUL SAKUMA/THE ASSOCIATED PRESS

A customer checks out an Apple iPhone 3GS at an Apple store in California.

The two are not exactly going head-to-head for the same market, being valued by consumers for different strengths: The iPhone for its user-friendly touchscreen, smooth web browsing and galaxy of applications; the BlackBerry for its rock-solid email management and seamless integration with business IT needs.

PC Magazine analyst Sascha Segan said he doesn't anticipate a price war between the three carriers but there could be shorter contracts and changes to monthly service plans.

Restivo agreed that the jockeying for consumer attention could revolve around changes to monthly plans. "Price wars aren't the Canadian way," he said.

THE CANADIAN PRESS

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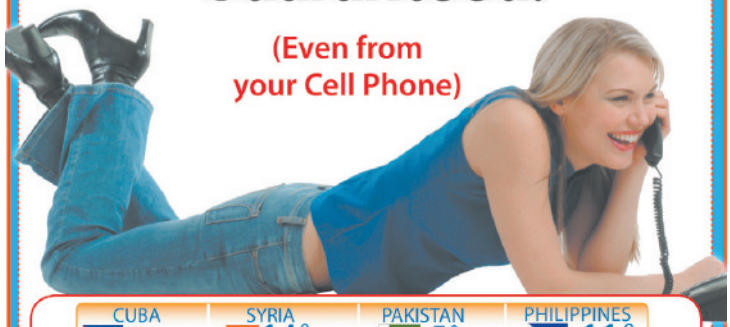

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Did you know?
According to Industry Canada, there has been a 200 per cent increase in the number of women-owned businesses in the past 20 years. METRO NEWS SERVICES

Small Business

Financial options

Tax-free savings accounts, known as TFSAs, can be a flexible and viable way to start a new business, help keep one going, fund a business owner's retirement, or even be a good way for employees of publicly traded companies buy shares. TORSTAR NEWS SERVICE

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

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Trailblazers honoured

TRACEY TONG
tracey.tong@metronews.ca

Growing up in New Brunswick, Eireann Rigby was involved in competitive sports, even playing professional basketball in Europe.

Wanting to make sports and fitness accessible to the general public, Prince Edward Island's UFIT was born.

The decision to start the company — which provides pay-as-you-go $5 fitness classes for people of all ages in "a party atmosphere" — "was a very scary journey at the start," said the Charlottetown resident, now 34. "I think the first class in 2002 had eight people, and four of them were family. It's difficult to start, but you've got to believe in it and put it out there."

Seven years later, classes are held in eight locations across the island and attract up to 100 people per class.

Rigby, along with 18 other young people from each province and territory, were honoured at an awards ceremony in Ottawa to celebrate the achievements of young entrepreneurs last night.

To coincide with Small Business Week, the Business Development Bank of Canada held its 22nd annual 2009 Young Entrepreneur Awards for people aged 19 and 35.

Eireann Rigby, 34, was a winner at the 2009 Young Entrepreneur Awards in Ottawa last night.

The award recipients have realized their dreams in innovative ways, said BDC President and CEO Jean-Rene Halde.

In meeting all the winners, Rigby said there was a huge variety of businesses and achievements, but that all the entrepreneurs share a commonality.

"Everyone has a passion," she said.

An avid cyclist, Corner Brook, N.L.'s Peter Ollerhead, 28, turned his passion for sport into a thriving cycle, cross-country ski and snowshoe shop that has since grown to include a specialty coffee shop.

"I started cycling when I was 12-, 13-years-old," said Ollerhead. "My dad could leave me in the bike shops all day."

At 20, he opened Cycle Solutions, and two years ago, opened Brewed Awakening.

"If you're passionate about something, that's what you've got to focus on," he said.

That passion found Toronto's John Carbrey early. He started Intrafinity Inc. in 2001, during his first year at the University of Toronto.

Now 27, Carbrey thinks "people have to go for what they're passionate about," he said. "Being an entrepreneur and trying something new — you might succeed, or you might fail, but you will be better for it," he said.

The winners' circle

Last night's winners include:

- Alberta's Steve Baines, 31, Matt Baines, 30, Chris Baines, 27, and Mike Baines, 22, of Enviro Foam Insulation;
- British Columbia's Daisy Leslie Orser, 30, and Adam Orser, 35, of The Root Cellar Village Green Grocer;
- Manitoba's Wade Barnes, 34, and Curtis MacKinnon, 33, of Farmers Edge Precision Consulting;
- New Brunswick's Allain Ouellette, 34, of City Glass & Locks;
- Nova Scotia's Kim Hong Dao, 27, Bang Gia Dao, 31, and Niem Gia Dao, 26, of Talay Thai Restaurant Ltd.;
- Québec's Patrick Grégoire, 34, of Boréal – Informations Stratégiques Inc.;
- Saskatchewan's Johan van den Berg, 33, and Charla van den Berg, 34, of Plains Powder Coating and
- Yukon's Julien Plourde, 27, of Technical Solutions Company Limited.

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Comment

Border question tricky to answer

TheWestView

How much foolhardy courage or desperation must it take to pay someone $45,000 to board a rusty old ship, survive a lengthy trip across the Pacific, and turn up unannounced and unwanted on the shores of a strange land, only to face detention and possible deportation?

If you do succeed in getting to Canada and making a successful refugee claim, what's the payoff? A lifetime of menial jobs where most of your income goes to pay off your $45,000 "travel" debt while the rest goes to support your family at home.

So I have a great deal of sympathy for the 76 men, allegedly Tamils from Sri Lanka, currently held in Vancouver after their harrowing asylum-seeking adventure as Canadian authorities try to figure out what to do with them.

That's the kind of fortitude and durability we're looking for here in Canada.

Except … what about the hundreds of thousands of legitimate and legal refugee claimants who are stuck in detention camps around the world with little hope of ever starting a new life in Canada?

What about the migrant workers who are allowed to work here, but not live here?

What about the people who just want to immigrate to Canada, have patiently jumped through all the hoops, and get to watch as these 76 adventurers jump the queue?

It's a tough problem. Should we take a hard line and send these guys back to Sri Lanka without considering their claims for asylum?

That's how federal Immigration Minister Jason Kenney seems to be leaning when he says we don't want to develop a reputation of having a two-tier immigration system and we need to do a better job of shutting the back door. And these migrants certainly arrived by the back door.

Or, now that they're here, should we dutifully process their claims, and if they convince us that they are legitimate refugees from oppression or violence in Sri Lanka, should we welcome them in, not to mention their families waiting in the wings to see if the big gamble pays off?

Here's the thing: We owe it to all those legitimate noses pressed to the glass, Promised Land on the other side, to make absolutely sure these men don't face real danger back home. If not, home they go.

Otherwise, how can we continue to ask everyone else to wait patiently for their turn?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: If they are found guilty of any charges, what should the punishment be for the boy's parents in the runaway balloon incident?

Maia Gallant
age 25, Vancouver

A: There was really no harm done, so I don't think there should be too harsh of a punishment. All they were doing was trying to get some attention. So maybe a fine, that is about it.

Marshall To
age 22, Vancouver

A: I think they should be fined a certain amount of money, and as well child services should probably have a look into the family to see what's really going on.

Nikki Liu
age 27, Vancouver

A: The parents should be punished because the boy is so young and he doesn't know what he is part in. And if it is a stunt it's obviously plotted by the parents. They shouldn't be punished with jail time, but something.

Steve Laskowski
age 24, Ottawa

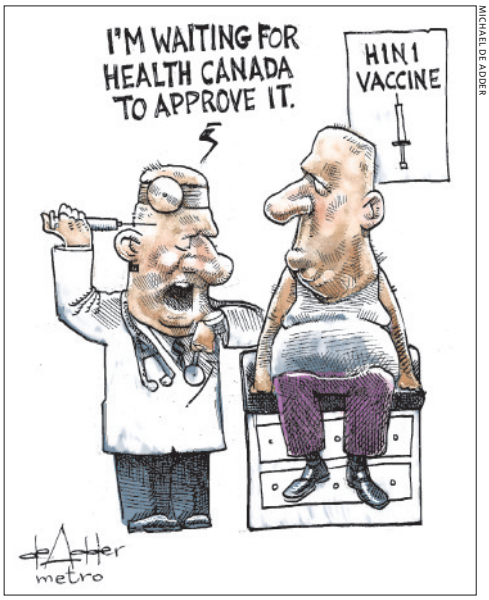
A: I don't think they should have a criminal record, but they should be fined. They didn't hurt anyone, but they wasted resources. It's not fair to come down on them so hard. They didn't hurt anyone at the end of the day.

Thea Ross
age 25, Toronto

A: I think they should get community service, and they shouldn't be allowed to have that reality show they wanted ... There was a lot of money that went into that (search) ... They should have to pay back some of that.

Chris O'Leary
age 31, Edmonton

A: The media should take a restraining order out against the family so that we never have to see them again.



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Blatter may run again
FIFA president Sepp Blatter is expected to run for re-election in 2011, saying yesterday he still wants to introduce new initiatives to develop football worldwide. Blatter did not formally declare his candidacy to his 23 colleagues on FIFA's ruling executive committee when they met in Rio de Janeiro three weeks ago. THE ASSOCIATED PRESS

Sports

Hingis to stay retired

Martina Hingis, left, won't make a comeback to competitive tennis. The 29-year old Hingis, who retired after getting a two-year ban in 2007 for testing positive for cocaine, said yesterday in an interview with L'Equipe that she is happy with her new life. Hingis added that even without being tested positive, she likely would have retired. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canucks season far from lost

Mason Raymond, Roberto Luongo, power play all reasons for hope

TheHockeyNews

There are a lot of negative points to the start of the Canucks season that'll make fans legitimately second guess how good this team actually is and to make the players feel the grip of pressure take hold.

But it's a long season and all is far from lost.

While the bragging rights of the Canadian West Coast currently lie with the two Alberta cities — who are a combined 3-0 against Vancouver — the Canucks have plenty of time to snag them back.

Even though it's been a slow start, there are a few things Canuck fans can take solace in that'll eventually start contributing to a climb up the standings.

Roberto Luongo

Mason Raymond: Take one look at his stats — one goal, minus-1 in eight games — and you might call me crazy for labelling his play as a reason for optimism. But the 2005 second-round pick is taking his speed and lanky frame to the front of the net with the puck more often and is screaming into corners to force decisions by opposing defenders. While it hasn't paid off yet, Raymond's 26 shots are third on the team and 18th in the league, and if he keeps going to the tough places on the ice, the results will come.

Mason Raymond

The power play: Even though it was snake-bitten in a 2-1 loss at Edmonton when they really could have used a boost, the Canucks rank eighth in the league with an extra-man efficiency rating of 26.5 percent. As the year goes on, the Canucks will get Pavol Demitra, Sami Salo, Mathieu Schneider and Daniel Sedin back, which will only improve what has already been a successful advantage.

Roberto Luongo: No matter what numbers Luongo has posted in the past, it seems the first part of this season has erased all memory of what the face of the franchise is capable of. Sure Luongo hasn't started very well, but you're kidding yourself if you don't think he'll be at the top of the list for team MVP nominations in April. He was impeccable in wins over Dallas, Montreal and Minnesota and can't be blamed for the loss against Edmonton. He's Roberto freakin' Luongo folks and any team would be lucky to have him between the pipes.

The Hockey News thn.com

Sports in brief

BASEBALL The New York Mets have released left-handed reliever Ken Takahashi. The 40-year-old pitcher went 0-1 with a 2.96 ERA in 28 games this season. Takahashi attended spring training with the Toronto Blue Jays before moving on to the Mets.

NFL Pittsburgh Steelers coach Mike Tomlin says kicker Jeff Reed will play in Sunday's home game against the Minnesota Vikings despite being charged with simple assault, resisting arrest, disorderly conduct and public drunkenness for allegedly scuffling with Pittsburgh police outside a bar.

SOCCER Major League Soccer received its third consecutive A for racial hiring yesterday from the University of Central Florida's Institute for Diversity and Ethics in Sport. Its gender grade improved to a B from a C-plus last year.

SOCCER FIFA president Sepp Blatter says the world football body is establishing a new award named after Hungarian legend Ferenc Puskas, which will be given to the player who scores "the most beautiful goal" of the year.

TIGER Tiger Woods has won the points-based player of the year award, the Vardon Trophy and the Arnold Palmer Award. Woods is also up for the PGA Tour player of the year award, which is voted on by the players. METRO NEWS SERVICES

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NHL scout denies prejudice claims

DRAFT If there's a bias against drafting hockey players from a certain part of the world, it's not Quebecers, says the NHL's top scout.

"There's nothing going on in Central Scouting that would preclude a French Canadian from making our list, or making our list more prominently," said E.J. McGuire.

His comments come as a backlash to the publication of a book by former NHLer Bob Sirois that alleges the NHL is prejudiced against French Canadians when it comes to drafting players.

In his book, Quebec Bodychecked, Sirois shows statistics that French-Canadian players are drafted lower than the norm for their Canuck brothers. TORSTAR NEWS SERVICE

MLB playoffs A-Rod slides home safely

MARK J. TERRILL/THE ASSOCIATED PRESS

New York's Alex Rodriguez slides safely past Los Angeles catcher Mike Napoli last night during Game 4 of the American League championship series. Rodriguez scored from third on a ball hit by Robinson Cano. The Yankees went on to spank the Angels 10-1 and claim a 3-1 series lead.

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2. Stephanie Warren	NS, CA	119	68	74	142
3. Danny Chan	ON, CA	116	61	78	139
4. Jay Mitchell	ON, CA	117	66	72	138
4. Lorne Willmott	ON, CA	116	65	73	138
4. Neil Mann	ON, CA	120	67	71	138
7. Christian Gagnon	NB, CA	116	62	75	137
7. Derrick Yee		120	66	71	137
7. Kyle Turk	NS, CA	118	65	72	137
10. Paula Almeida-Stille		120	62	74	136
10. Stephen Stille	ON, CA	120	62	74	136
10. Terry Bobryk	AB, CA	120	55	81	136
13. Douglas Skanderup	AB, CA	119	68	67	135
13. Jonathon Gremsperger	BC, CA	118	64	71	135
13. Rick Kit	ON, CA	117	61	74	135

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New technical education centre in B.C.

B.C.-based College of New Caledonia held a groundbreaking ceremony last Thursday for its $19.7 million Technical Education Centre at the Prince George campus. The 7,000-square-metre centre will house training programs such as welding, automotive collision repair and engineering technology. METRO NEWS SERVICES

Workology

Call to go back to the tap

A recent report from the Polaris Institute concludes that the disappearance of water fountains at Canadian post-secondary institutions is, in part, caused by increased bottled water consumption and beverage exclusivity contracts. The report recommends campuses take a cue from the municipal "back to the tap" movement and limit the sale of bottled water and reinvest in drinking fountains. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Journalism will thrive again

Bonnie Fuller says the fourth estate's future is as healthy as her resumé

JON TATTRIE
for Metro Canada

With The September Issue, a documentary about Vogue's Anna Wintour, premiering Friday, Metro decided to take a look at the powerful women in the world of fashion journalism.

Bonnie Fuller scoffs at the predictions of journalism's death. "I don't believe it's a dying breed. I think that we are in the midst of a major revolution," the celebrity journalism giant says. "There is going to be less print journalism, but that doesn't mean there isn't still a lot of journalism."

The much-Twittering Fuller is working on a relaunch of HollywoodLife.com and has been editor-in-chief of US Weekly, Glamour, Cosmopolitan, Marie Claire, YM and Flare magazines, and is a regular guest on NBC's Today show.

"We're in businesses," she says of journalism. "When you have businesses, you have customers and you have to sell products in order to survive. It can't be viewed as simply the work of good deeds."

In other words, a free press is great, so long as someone is buying it.

A key part of her thriving media career is the Bonnie Fuller brand, as expressed in her company, Bonnie Fuller Media (Bonniefuller.com).

"It was my job to become an expert on my audience," she says. "To do a good job at Glamour, Cosmo, Marie-Claire, you really have to think hard about your audience, getting to know them and understanding them."

Fuller's "celebrity lens" style of journalism explores the world via Michael Jackson, the Balloon Boy and Jon and Kate. "The great thing about … celebrities today is that they come in all different ages, shapes, sizes, backgrounds and ethnic groups. There's always somebody that you can relate to."

And whatever you're dealing with, chances are a celebrity is going through the same thing.

"Everyone used to talk about the weather. It was the one, standard conversation," Fuller adds. "Now, when you sit down by a stranger at a party, you can start a conversation on infidelity, sexual harassment and office romances just by mentioning David Letterman. Celebrities are better than the weather," Fuller notes.

PHOTOS GETTY IMAGES

Bonnie Fuller, editor-in-chief of Hollywoodlife.com, arrives at the 6th Annual Hollywood Style Awards last week in Los Angeles, Calif.

'The worst idea' ever in the Den

Dragons' Den

"You're so smart — how can you be so dumb?"

"We should give you a prize for the worst idea we've seen in four years."

Those harsh comments are directed at Karen Parhar, a beautiful young entrepreneur from Saskatoon, on tonight's edition of Dragons' Den.

To say the Dragons hate her business idea is an under-statement — they breathe fire at Parhar!

How does Parhar react to the scorching? You'll have to watch to see — but meantime, let me ask you this: How would YOU react?

When the comments are positive — that's a beautiful thing! Everybody loves being told they're doing a good job — but it's a different story when we hear that we're doing something wrong, or could be performing better.

In my opinion, any type of feedback is a gift. If someone is taking time to think about me, I appreciate it. Based on what they say, I can get better at what I do, and become more successful. To me, it says they care.

There's no question that the Dragons are quite brutal at times in their assessments. You'll see them give a wide variety of feedback to about a dozen entrepreneurs tonight. Watch how the pitchers react. You can see some disregard the critique, figuring this is just reality television. Others consider the feedback carefully, appreciating the independent assessment of their business and/or their pitching technique. They use the experience to make their next presentation that much better.

Parhar tells me the Dragons offended her, but she acknowledges the experience was "helpful." Whatever you think of her business idea tonight — you gotta love her attitude.

Dianne Buckner is the host of Dragons' Den. Tonight's episode airs at 8 p.m. on CBC. Follow Dianne on Twitter @DianneBuckner.

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Harper opens mat leave to self-employed
In a determined effort to make inroads with female voters, Conservative leader Stephen Harper promised maternity and parental benefits to the self-employed last month. Harper stated the self-employed "shouldn't have to choose between starting a family and starting a business." METRO NEWS SERVICES

SavvyMom of the year is...

Small Business Week

RAFAEL BRUSILOW
for Metro Canada

Canada's top mom-entrepreneur of 2009 is proof that mom-entrepreneurs succeed best when they help support each other.

Shirley Broback, 34, was awarded the SavvyMom Mom Entrepreneur of the Year Award for her work as producer of the Vancouver Island Baby Fair and says her win proves that self-described regular women like her can make a big difference with big dreams and big effort.

"It shows you don't have to be a big shot, just a regular person with some big plans and the confidence to put your plans into action," Broback said.

Broback beat out 316 other nominees across the country to win the distinction of being named Canada's top mom-entrepreneur along with $15,500 in cash and business services. She's overjoyed to win but credits her clients and friends for helping to make her nomination possible.

"It's such an honour to win the award. I had so many friends and family and exhibitors rallying for me. The prizes are incredible and the exposure is just phenomenal. I think it can be inspiring to other mom entrepreneurs," Broback said.

Sarah Morgenstern, publisher and founder of SavvyMom Media, which gives out the award every year says Broback won the award not only for her own work but for her support of other mom-entrepreneurs — many of Broback's exhibitors at the Vancouver Island Baby Fair are mom-entrepreneurs themselves.

"Shirley did an amazing job of spreading the word. She's a mom-entrepreneur and a mom-entrepreneur incubator — we like that," Morgenstern said.

Broback says the hardest part of being a mom-entrepreneur is finding ways to excel at the business side of your career while still making family time a priority.

PHOTO SUBMITTED
Shirley Broback, winner of the SavvyMom Mom Entrepreneur of the Year Award, is the producer of the Vancouver Island Baby Fair.

"The biggest challenge is to divide family time and give yourself boundaries to that. You turn off the cellphone, you don't check email. You have to set boundaries for yourself and it is very challenging. It's definitely a big juggling act that people have to concentrate on and figure out for themselves," Broback said.

Her best piece of advice for other Canadian mom-entrepreneurs? Remember to delegate.

"You can't do it all yourself. It takes lots of other input and help and support to make your business happen, so don't try to do it all yourself," Broback said.

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Outback wins Motor Trend award

The Subaru Outback has been named Motor Trend's 2010 Sport/Utility of the Year, marking the first time an automaker has won two consecutive Sport/Utility awards following the Subaru Forester's win in 2009. CANADIANDRIVER.COM

Metro Drive

The race is on

Love that Audi R8 5.2 FSI Quattro? Now you get to drive it, along with some of the world's most exotic cars, when XBox 360's racing title Forza Motorsport 3 launches next week.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Current car design a bit of everything

There is no sense arguing when there is a difference of opinion over a car's looks. You can't make someone like what they don't.

But while there is a definite proliferation of styles and designs, and a bevy of absolutely wonderful executions, there doesn't seem to be any overriding theme to automotive design these days. At least when you compare it to eras where you got a clearer sense of what designers were trying to accomplish; like in the 1930s, when the art deco ideas were pursued, or the 1950s, when cars dramatized the concept of highway travel.

In the 1970s, Giorgetto Giugiaro (later named auto designer of the last century), messed with people's heads, by pursuing an auto design language diametrically opposed to the current design of the day. Those cars were comprised of nothing but sharp angles and creases, and were sometimes uncharitably referred to as the "folding paper" school of design.

Paul Deutschman, who heads up Canada's only automotive design firm, the internationally known Deutschman Design of Montreal (deutschmandesign.com), feels we don't get those strong design currents anymore, because everyone seems to take a bit from everyone else, and tries to make it their own, rather than embarking on a separate and unique direction.

"If you go into a styling studio in any automaker, you will find stylists from America, Korea, Germany. All this creates what I would call a design melting pot."

One of the forces pulling design in the future will be the continued quest for more fuel efficiency. The last time that happened, the same aerodynamic shapes kept cropping up in the portfolios of various automakers. "We have the risk of that happening again," says Deutschman.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

For 2010, the CX-7 gets interior upgrades and structureal strengthening.

Mazda makeover

CX-7 more handsome than its Japanese rivals

PETER BLEAKNEY
for Metro Cannada

When Mazda launched the five-seat 2007 CX-7 in 2006, the idea of a mid-size crossover with sporting pretensions was relatively novel, and this all-wheel-drive turbocharged number with the radically raked windshield broke some new ground.

My, how things have changed. In this hotly contested and highly congested market segment the Mazda CX-7 is kinda old news.

For 2010, the CX-7 gets a midlife makeover featuring Mazda's new leering corporate visage, interior upgrades, structural strengthening and improved sound insulation, all in the name of refinement. Of more significance is the availability of an entry-level GX front-wheel-drive-only model powered by a naturally-aspirated 2.5L 161 hp four. It bows at $27,995.

All the testers on this program were fitted with the $2995 Luxury Package that added power moonroof, leather upholstery and door trims, leather-wrapped steering wheel and shift knob, heated seats (eight-way power driver's with manual lumbar support and four-way power passenger), Bluetooth and automatic climate control.

This is on top of the GX's standard 17-inch alloys, rain-sensing wipers, telescopic steering wheel, traction and stability control, brake assist and Multi Information Display (MID).

The sharp-eyed among you will notice the GX's 28 grand price tag is more than your base RAV4 ($24,345) or CR-V ($25,790 — cash only), but Mazda says this is in line with similarly optioned models from Honda and Toyota.

2010 Mazda CX-7

Type: Crossover utility vehicle
Price: from $27,995
Engine: 2.5L four-cylinder
HP: 161

Highlights

- Classy interior
- Excellent driving feel

Indeed, first impressions of the CX-7 GX are favourable. The interior gets improved plastics, nicely padded arm rests on the doors, a new multi-function steering wheel, gauges ringed in blue illumination with white dials, and some tasteful dark-chrome accents. The upper dash is recontoured to house the new LCD Multi Information Display that offers trip computer functions, rear view (standard on GT) and maintenance info. It's a handsome and airy cabin with excellent forward vision, and is a couple of steps up in quality from its Japanese rivals.

The DOHC 2.5L four that generates 161 hp and 161 lb.-ft. of torque at 3500 r.p.m. may be new to the CX-7, but it also does duty in the Mazda6, Mazda3 and Ford Escape.

On the highway, the GX settles into a relaxed and stable cruise, showing 2400 r.p.m. at 120 km/h. It was remarkably free of wind and road noise.

Over the twisty portions of our test route, this entry-level CX-7 showed the typical attributes of a Mazda: excellent steering feel, good body control and a general dynamic cohesiveness that suggests the development engineers do enjoy driving.

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Math on vacation

The new Sum of All Thrills at Epcot at the Walt Disney World Resort in Lake Buena Vista, Fla., is a ride designed to inspire young students about the power of math and math-related activities. METRO NEWS SERVICES

Travel

Miss Popularity

San Francisco was named the best U.S. city to visit for the 17th year in a row in Conde Nast Traveler magazine's 2009 Readers' Choice Awards. The awards appear in the magazine's November issue, ranking the best cities, cruise lines, airlines, hotels and resorts worldwide based on survey responses from 25,000 readers. Charleston, S.C., took the No. 2 spot on the U.S. cities list, followed by Santa Fe, N.M. THE ASSOCIATED PRESS

TRAVELDESK@METRONEWS.CA

Finding balance at a Boston hotel spa

City's sleek Mandarin Oriental ups the ante on Beantown wellness offerings

ANNE DIMON
for Metro Canada

More info

- mandarinoriental.com/boston
- bostonusa.com

Boston offers numerous spas — many of which are mixed in with cafés, galleries and designer shops along chic Newbury Street in the ritzy Back Bay neighbourhood — but with the opening of the Mandarin Oriental, the spa bar has been raised.

Simply arriving at the sleek boutique hotel sets the tone for anyone seeking a sense of well-being. That could have something to do with the Feng Shui Master who consulted on the project.

Among the things he recommended was relocating the front entrance to align with the Charles River and allow the free flow of good energy from the water element. Further nods to Feng Shui principals are incorporated throughout as fire, metal and other elements are worked into the gracious and contemporary design and decor.

Located on the fourth level of the hotel, the gracious spa anchors the Lifestyle Floor. This is where you also find eight Lifestyle Rooms with special amenities such as bamboo floors, yoga mats and a selection of wellness-related reading material.

The small but well-equipped gym is also here. No worries if you've forgotten to pack your work-out gear — the spa provides. Clothing, shoes and socks come complimentary courtesy of the spa and Nike. I asked, and they delivered to my room neatly presented on a bamboo tray.

As guests enter the spa, the sound of water trickling down a marble wall sets a calming mood. Memories of other Mandarin Oriental hotels visited — Singapore, Miami, New York — come to mind and I know it's the little touches that make the MO spa collection distinctive.

MANDARIN ORIENTAL

Left, an exterior view of the Mandarin Oriental Boston. Right, a wet treatment room at the hotel's sleek spa.

Left, another spa treatment room at the Mandarin Oriental Boston. Right, the tranquil Tea Lounge, where spa meals are served.

The arrival ritual, for instance, offers guests a small bowl of herbal tea and a hot cloth presented on a small bamboo tray, as shoes are exchanged for a pair of spa sandals. There are fresh orchids gently placed on pristine white towels and a gift for each guest.

The largest and most luxurious in the city, the spa offers nine treatment rooms, private wet areas and a tranquil Tea Lounge where spa meals are served. In the ladies' locker room with its experiential shower, whirlpool and Crystal Steam Room, I take time to steam and allow the crystals to draw out any negative energies, then cool down courtesy of a fountain of crushed ice.

Spas in the collection each offer a full menu of services with signature treatments such as the customized Time Rituals and those developed in consultation with specialists of Traditional Chinese Medicine but today, I decided to buy local and go for the New England Retreat.

This one hour and 50-minute experience — including scrub, wrap and massage — incorporates local-grown herbs such as horsetail, lavender, calendula and St. John's Wort. As with most of the spa brand's specialty treatments, this one begins with a ritual foot bath and the pure resonating peal of Tibetan chimes.

It's a lovely treatment and totally appropriate for a city that bills itself as the Gateway to New England.

Post treatment, it's back to the relaxation room for a quiet moment, to sip on water and snack on almonds before heading to nearby Newbury Street for a little retail therapy. It's all about balance.

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Lucky Shops in NYC

Lucky Magazine is hosting its sixth annual pre-holiday Lucky Shops in New York City from Nov. 6-7. The event showcases designer clothing, handbags, shoes, jewelry and other items, with most selling at up to 75 per cent off retail. See luckyshops.com. THE ASSOCIATED PRESS

Making the list: Autumn foliage destinations battle for shout-outs

So celebrated are the spectacular colours of Canada's fall leaves that in Ontario, at least, the Ministry of Tourism issues weekly reports on where to find the most splendid views.

Via Rail offers lovers of the dramatic scarlet, orange, lemon-lime, gold and purple shades of fall a six-night train ride through the forests of southern Ontario, Quebec and Nova Scotia.

Fans of the fabulous foliage immortalized by the Group of Seven flock year round to the National Art Gallery in Ottawa and the McMichael in Kleinberg, Ont., to get their autumn fix. And, even as the threat of jail hung over him, Conrad Black tipped his hat to the changing leaves of Canadian fall by demonstrating the art of pressing a maple leaf on the Rick Mercer television show. (It must be pressed between two very large books. Small books won't do.)

So where are the most beautiful canopies of colour this fall? Jane McLean, a self-anointed Canadian fall foliage expert, has posted a Top 10 list on about.com, the New York Times owned online repository of expert advice on everything from accessories and acne to yoga and zoology.

She says fall colours are a "real industry" in the U.S., particularly New England. She posted her list of lovely northern vistas because she didn't want Canada to be overlooked. "We have just as much to offer, without the crowds," she said from her home in Dundas, Ont.

Already, her list is making waves. "I've had some heated emails from PR people for tourist boards scolding me for not including them." That's not surprising, since her about.com posting is influential and attracts thousands of hits a week.

Four of the spots that made it into McLean's Top-10 are in Ontario. (Algonquin Park made the cut, as did the Bruce Peninsula). Quebec's Laurentian Mountains got the nod and Alberta's Rockies.

"I've had some heated emails from PR people for tourist boards scolding me for not including them." Jane McLean

In the east, McLean recommends the Cabot Trail of Cape Breton Island and New Brunswick's Fundy Coastal Drive. She likes the forests of PEI since the warm waters of the Gulf of St. Lawrence and the Northumberland Strait create a climate that can produce one of the longest fall foliage periods in northeastern North America.

But pity the poor residents of British Columbia and Saskatchewan, provinces without even a mention (Manitoba and Newfoundland also get a pass from McLean).

And before regional pride provokes a national scrimmage, it's important to note that although the Rockies are listed as No. 1, and the Fundy Coast No. 10, McLean's list is in no particular order. "I generally work my way west to east," she says, with the insistence of a parent who could never choose a favourite child.

Does she have a secret guilty pleasure? Yes, she does. It's Via's Fall Foliage Romance by Rail journey through the forests of eastern Canada. "There is a romance to it," McLean says. "It's hard to deny that it's a bit old-fashioned. The cabins are dated, but for me that has an allure. And the views through the domed observation window are very strong."

But wait. The writer of the list, the expert on all things autumnal, won't be pinned down after all. "The subsequent article I write should be how there are many more places that could be added to the Top-10 list that you might not know yet," she says with a laugh. THE CANADIAN PRESS

Good to know

Jane McLean's list:
gocanada.about.com/od/canadatravelplanner/tp/fallfoliage.htm

Via Rail tour:
trainpackages.ca/packages/Fall-Foliage-Romance-by-Rail.html THE CANADIAN PRESS

TORSTAR NEWS SERVICE FILE PHOTO

This file photo shows autumn leaves in Algonquin Park, one of the places that made it on to Jane McLean's Top 10 leaf spots.

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Hasselhoff signs up for reality TV show
David Hasselhoff is set to star in a new reality TV show. The former Baywatch star has reportedly signed up for a new program with his teenage daughters Hayley and Taylor. FEMALEFIRST.CO.UK

Entertainment

Giving up TV
Mischa Barton has given up on TV following the cancellation of her series The Beautiful Life. "That whole world of network television, probably isn't, for me, a good idea now," she said. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Swiss reject Polanski bid for release

PEOPLE

Polanski

Roman Polanski's three decades as a fugitive are coming back to haunt him.

Noting his previous escape from U.S. authorities, Switzerland's top criminal court yesterday rejected Polanski's appeal to be released from prison because of the "high" risk that the 76-year-old director would try to flee again.

Polanski's offers of bail, house arrest and electronic monitoring failed to sway the tribunal. Even a Swiss chalet in the luxury resort of Gstaad was brushed aside as insufficient collateral to guard against Polanski fleeing the country, as the United States seeks to have him extradited for having sex with a 13-year-old girl in 1977.

"The appellant has already once in 1978 eluded American criminal proceedings by travelling to Europe," the court said.

THE ASSOCIATED PRESS

Nielsen has the last laugh

Stan Helsing the latest comedy film from 83-year-old Canadian actor

PHIL BROWN
for Metro Canada

Canadian funnyman Leslie Nielsen is only a few months shy of his 83 birthday, but still loves making a fool of himself on camera.

Known primarily for his work with co-writers/directors Jim Abrahams, David Zucker and Jerry Zucker in Airplane and the Naked Gun movies, Nielsen has become a comedy icon for an entire generation.

But that wasn't always the case. For the first half of his career, Nielsen was exclusively known for his dramatic work on film and television. "I've done comedy all of my life," Nielsen told Metro. "It was just that people saw me in a certain light and wanted me to play more conservative roles for years."

That all changed when Abrahams and the Zuckers cast Nielsen in the 1980 comedy classic Airplane. "They picked me to play the doctor in Airplane even though I hadn't really done comedy. The studio wanted somebody else and didn't think that I could do it, but they decided that I was a funny guy and fought for me to play the role," said Nielsen.

Leslie Nielsen has now spent as much of his career doing comedy as he has dramatic work.

"It turned out that I really enjoyed doing comedy, but also doing comedy the way they do it." Nielsen specializes cartoony parody films that are over the top and filled with slapstick. But no matter how silly the role, he always plays it with dramatic conviction.

"People always say to me 'I don't know how you keep a straight face.' I always say that you have to keep a straight face with this type of comedy, because if you let the audience know that you think it's funny, they won't laugh," said Nielsen.

Stan Helsing opens in theatres on Friday

Nielsen has now spent as much of his career doing comedy as he has dramatic work and has found a comfortable niche.

His latest project is Stan Helsing a parody of horror films due to be released on Friday. He appears in drag in a small role as a waitress and enjoyed his experience working on the film, even if it was a little more haphazard than he is used to.

"These low budget films today get made pretty fast," said Nielsen. "Sometimes you just get one shot at the scene and even if you don't get it right, you're moving on to the next scene. That's the way she goes."

Stan Helsing fits comfortably into the string of parody films Nielsen has appeared in since the '80s and he has no intention of abandoning this style of comedy any time soon. "I always have the desire to do good comedy," said Nielsen.

"There are genres laying all over the ground just waiting to be parodied. There's nothing that you can't make fun of and have a good time."

Movie **feature**

"I always say that you have to keep a straight face with this type of comedy, because if you let the audience know that you think it's funny, they won't laugh." Leslie Nielsen

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Man charged in Lohan theft

PEOPLE Prosecutors in Los Angeles have charged a man with burglarizing the homes of Lindsay Lohan and Audrina Patridge.

Nicholas Prugo faces two charges of residential burglary and will be arraigned Nov. 11.

He is accused of stealing $170,000 in designer jewelry and clothes from Lohan and Patridge, who appears on MTV's The Hills. Both homes were broken into earlier this year.

The 18-year-old was arrested in September and remains free on bail.

Prosecutors say more than $43,000 in clothes and jewelry were taken from Patridge's home. Lohan's losses were estimated at $128,000.

THE ASSOCIATED PRESS

Actor on the Fringe

Joshua Jackson feeling cozy on set of TV show

AMBER RAY
for Metro Canada

GETTY IMAGES

Joshua Jackson stars on the Fox sci-fi hit Fringe.

In his second year on the Fox sci-fi hit Fringe, Joshua Jackson is feeling pretty much at home. Of course, it doesn't hurt that the filming of the series has moved to Vancouver, the town where he grew up.

"I know where to eat, I know where to do my laundry, I know where to go see a movie ... there's nothing in the city that feels unfamiliar to me other than the fact that there are, like, 15 new buildings every time I go home," the 31-year-old jokes.

Set relocation and evolving skylines aside, there are even more changes for Jackson's character, troubled genius Peter Bishop, this season. After the revelation of an alternate universe at the end of Season 1, Peter and his team of "fringe" science investigators (including his "mad scientist" dad, Walter, and FBI agent Olivia Dunham, the Scully to Peter's Mulder) are spending this year trying to prevent an invasion from that strange parallel dimension.

"Season 2 so far has been about that thing that happens at the end of Season 1 — this, 'Oh my God! They're actually coming from the other side and there is a war coming,'" Jackson says. "It is finally a call to duty for Peter. It is something that he believes in, which is not his natural way — in Season 1 (he) was a passive character. The information came to him and he reacted.

"Now he goes, 'Alright, fine — I'm going to fix this problem, I'm going to take this on.'"

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U2 concert tickets now affordable

Fans in Canada and more than a dozen other countries will be able to watch U2's concert this Sunday at the Rose Bowl live and for free, in what's being billed as the first full-length global concert on YouTube. Show starts at 11:30 EST. THE CANADIAN PRESS

In brief

MORE ANNA NICOLE A psychiatrist who treated Anna Nicole Smith for drug dependency testified yesterday the former Playmate fit the legal definition of an addict. However, under questioning by a judge, Dr. Nathalie Maullin said she never used the words "addict" or "addiction" when discussing the celebrity model's problems with her.

THE ASSOCIATED PRESS

Joss Stone does it her way

When Joss Stone has a musical itch, she has to scratch, even if it means getting into trouble with her label.

The powerhouse British soul singer says her new album, Colour Me Free, is coming out Tuesday after months of delays because her record label was upset she had recorded the tracks on a whim without telling them.

"Oh God, that wasn't very good," Stone said in a recent phone interview. "They didn't love that too much." It was about two years ago, after the release of her self-titled third album, that the 22-year-old Grammy and Brit Award winner got the urge to hit the studio and jam again.

"I just woke up and was like: 'Man, I really want to make an album,'" said Stone.

"It was just a really nice day and I was feeling really energized and it was just cool and my (musician) friends were down, because we were writing.

"I thought: 'Hey, you guys are here, let's do it. Let's make the music.'"

And so they did, using a Wellington, England night club that was owned by her mother at the time as their studio, where they recorded live off the floor in about a week.

Problem was, EMI didn't know about it and when Stone told them, "The initial reaction was: 'Hang on a minute, you're supposed to ask us for approval on every single section of everything that you do, are you crazy?'" she recalled.

"So I said: 'Oh, whoops, so sorry, my bad,' and it really was. I didn't ask for approval, I didn't tell them I was making the album.

The idea of someone trying to control her art was a "horrible feeling and makes you not want to do it at all," admitted Stone, whose vocals often draw comparisons to Aretha Franklin. "But then from a business side of things, I kind of get it," she said. "They feel like that's their property and they want to control how the property looks and how it works."

In the end, the two sides worked things out and the tunes weren't changed. With the label woes behind her, Stone has a positive outlook on the situation, saying she likes to "scare" herself into getting things done.

"It actually helps me," she said. "I feel the need to do it with a massive amount of pressure and unless I have that pressure, I don't bother."

THE CANADIAN PRESS

10 million sold

- Since her debut album, The Soul Sessions, was released in 2003, Joss Stone has sold almost 10 million albums worldwide.

SOURCE: JOSS STONE ONLINE

Soul singer Joss Stone says she needs to feel a "massive amount of pressure" in order to get things done.

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Rihanna's topless CD artwork

Rihanna

MUSIC Rihanna is exposing her fans to more than her music with her new single, Russian Roulette.

The singer is featured nearly topless on artwork for the song, covered only by what looks to be barbed wire.

The photo fits the apparent theme for her new album, Rated R, which is due out Nov. 23. It will be her first CD since 2007's Good Girl Gone Bad, which went multiplatinum. It will also be her first solo single since she was attacked by ex-boyfriend Chris Brown.

Russian Roulette was to debut Tuesday on Rihanna's website.

THE ASSOCIATED PRESS

In brief

FILM A federal judge has refused to halt the release of the Chris Rock film Good Hair. Rock and the film's producers were sued in Los Angeles by documentary filmmaker Regina Kimbell, who claimed the comedian stole several ideas for his film from her work. Kimbell produced the documentary My Nappy Roots earlier this decade and says she screened her film for Rock in 2007. U.S. District Judge Dale S. Fischer watched both films and says she didn't see substantial similarities.

THE ASSOCIATED PRESS

AWARDS CBC-TV's coverage of the 2008 Beijing Olympics won five Geminis at an industry gala celebrating the best in news, sports, documentary and lifestyles television. The trophies were handed out at a private bash in Toronto that recognized the public broadcaster for best sports analyst, feature segment, play-by-play announcer, reporting and live event. THE CANADIAN PRESS

LEGAL The ninth-season winner of reality TV show Big Brother, Adam Jasinski, has confessed to using his $500,000 prize to buy thousands of oxycodone pills and resell them, authorities said. THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

TMZ.com founder fights Gibson case

The founder of celebrity news site TMZ.com is promising a fight after he says the Los Angeles County sheriff's department illegally obtained his phone records in its investigation into who leaked a report on actor Mel Gibson's 2006 drunken driving arrest, including details on the actor's anti-Semitic tirade.

"It's outrageous. We've met with lawyers and are charting our course of action. This is not going to go away."
Harvey Levin, ounder of celebrity news site TMZ.com

Harvey Levin's comments came during a speech Monday night at UCLA at an event hosted by the Radio and Television News Association of Southern California. He said he considers the department's actions an assault on the First Amendment.

"It breaks federal law. It breaks state law," Levin said. "It's outrageous. We've met with lawyers and are charting our course of action. This is not going to go away."

An after-hours call to a sheriff's department spokesman was not answered.

Gibson was arrested for misdemeanour drunken driving on July 28, 2006, on Pacific Coast Highway in Malibu. His anti-Semitic slurs, detailed in a report leaked to TMZ.com, provoked outrage, and the Braveheart actor and director later apologized.

The officer who arrested Gibson, Deputy James Mee, became the target of a criminal investigation into whether he leaked the arrest report.

Records obtained during that investigation showed several calls between Levin and Mee's home. But authorities determined it was impossible to say who made the calls on Mee's end of the line.

Prosecutors eventually declined to charge Mee, citing a lack of proof that he leaked details about the case.

Gibson pleaded no contest in August 2006 and was given three years' probation, fined $1,400 and ordered to attend Alcoholics Anonymous meetings.

Earlier this month, a judge agreed to expunge his drunken driving conviction after he successfully completed the terms of his probation.

THE ASSOCIATED PRESS

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metro

Go to metronews.ca to enter for your chance to win.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/21/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Dragon's Den (N) (CC)		The Tudors (N) (CC) (DVS)		CBC News: The National (N)		The Hour (N)
	254	-	3 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	America's Next Top Model (N)		Criminal Minds (N) (CC)		CSI: NY "Battle Scars" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice (CC)		Third Watch "Superheroes"		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (CC)		Glee "Mash Up" (N) (CC)		Melrose Place "Windsor" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	So You Think You Can Dance		The Middle	Hank (N)	(:01) Eastwick (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Mercy (N) (CC)		Family	Cougar Town	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	America's Next Top Model (N)		Melrose Place "Windsor"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds (N) (CC)		CSI: NY "Battle Scars" (N)		KIRO 7 News
	287	379	16 NBC	Mayoral Candidates Debate		Mercy (N) (CC)		Law & Order: SVU		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Grocery Bag	Yourself Sexy	Chef Worthy	Grocery Bag	Supersize
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Hank (N)	The Middle	Family	Cougar Town	(:01) Eastwick (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Mrs. Dalloway ★★★ (1997, Drama) Vanessa Redgrave.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	OpenRoad	Steves Europe	Windsors-Royal		Great Performances (N) (CC)				Your Life
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance		Glee "Mash Up" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Secrets of the Dead		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Secrets of the Dead	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Bring Wall St	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		Melrose Place "Windsor"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26 NW	Planet Earth "Fresh Water"		CBC News: The National (N)		CBC News: The National (N)		Planet Earth "Fresh Water"		National
	500	500	33 CNN	(6:00) CNN Presents (N) (CC)		Anderson Cooper 360 (CC)		CNN Presents "Latino in America" (CC)				Cooper 360
sports	407	419	22 RSP	MLB Baseball: Dodgers at Phillies			Sportsnet	Sportsnet Connected (Live)		Sportsnet Connected (Live)		UEFA Soccer
	400	400	30 TSN	NHL Hockey		SportsCentre (Live) (CC)		World Poker Tour: Season 7		NASCAR Racing		SportsCentre
	411	457	49 OLN	Ghost Hunters "O.K. Corral"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "O.K. Corral"		Bounty Hunter
	410	403	54 SCR	WWE Vintage Collection		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Pinks Out	Pass Time	Pass Time	Wrecked
	416	409	144 GLF	Fútbol Alemán	Toronto	Toronto-Today	MLS Weekly	Gol TV News	Foot Brazil	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo and the Reluctant Werewolf (1988) (CC)				Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Bill Reid	Making of a	The Story of India (N)		Concert for Europe (CC)			Infusion	NFB at 70 (N)
	575	583	20 CMT	Home Imp.	Home Imp.	Due South "The Deal" (CC)		Reba (CC)	Reba "Pilot"	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	One Tree Hill (CC)		America's Best Dance Crew		My Date	Video on Trial	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Realtor	Intervention	Property	Unsellable	House
	615	520	31 A&E	Dog the Bounty Hunter (CC)		Manhunters	Manhunters	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter
	628	584	32 SPKE	The Ultimate Fighter (N)		UFC Countdwn: Machida		The Ultimate Fighter		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		I Didn't Know	I Didn't Know	King-Crown	King-Crown	Toddlers & Tiaras (CC)		King-Crown
	616	522	40 SHO	The Outer Limits (CC)		The Guard "Wake" (CC)		Found.	Paradise Falls	Bones (CC)		NCIS (CC)
	620	523	40 BVO	Achieving the Unachievable		Law & Order "Take-Out"		Without a Trace "911" (CC)		Achieving the Unachievable		Entourage
	601	562	41 SLC	In Laws	In Laws	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	Mayday "Bomb on Board"		Daily Planet (CC)		Mayday "Bomb on Board"		Pitchmen		Mega Builders
	522	506	44 HIS	Expedition Africa (CC)		Life After People (CC)		Ice Road Truckers (CC)		Expedition Africa (CC)		Outlaw Bikers
	627	528	45 SPC	Supernatural (N) (CC)		InnerSpace	Stargate SG-1 "Tin Man"		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	MLB Baseball: Dodgers at Phillies			MLB Post	Name Is Earl	Sex and-City	Starship Troopers ★★★ (1997) (PA) (CC)		
	619	525	48 TROP	King	King	The Outer Limits "Stranded"		ET Canada	What	Family Guy	King	King
	603	561	52 FN	Chopped (N) (CC)		Chef School	Chef School	Unwrapped	Unwrapped	Chopped (CC)		Diner, Drive-In
	-	-	53 AMC	Ghostbusters	Ghostbusters II ★★ (1989, Comedy) Bill Murray, Dan Aykroyd. (CC)					K-9: P.I. ★★ (2002, Comedy) James Belushi.		
	626	547	57 COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Michael	RENO 911!	Daily Show
	320	621	60 CEN	Slap Shot 3: Junior League		(:15) Mad Money ★★ (2008, Comedy) Diane Keaton. (CC)				Lock 'n Load	The Great Debaters ★★★	
	581	566	101 MTV	The City (N)	After	MTV Live	Sex News	The Hills	The Hills	The City	After	MTV Live
	261	394	102 V	Unscripted (N)	Driven-Vision	Poltergeist: The Legacy		The Solid Gold Cadillac ★★★ (1956, Comedy) Judy Holliday.				Paid Program
	-	-	105 MUL	Sewing Maid	Boys Over Flo	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

critics'corner

Law & Order: Special Victims Unit
After the shocking rape of a boy (guest star Cruz Santiago), Detectives Benson and Stabler find out that a chief suspect, the victim's stepfather (Jim True-Frost, "The Wire") is a member of a civil rights group that supports adult-child relationships. Rosie Perez also guest stars in the new episode "Hardwired." 9 PM on NBC

Mercy
Having just announced to her family that she is trying to have a baby, Veronica (Taylor Schilling) tries to save a pregnant woman in the aftermath of a car wreck. Dr. Harris (James LeGros) calls for a hearing to determine Veronica's future at Mercy Hospital. Sonia (Jaime Lee Kirchner) helps a sleepwalking patient and tries to take her relationship with Valentino (Charlie Semine) to another level in the new episode "You Lost Me With the Cinderblock." 8 PM on CITY

Mamie gets kneeling proposal

Meryl Streep's daughter, actress Mamie Gummer, is getting married. Gummer confirmed to usmagazine.com that actor-boyfriend Ben Walker "proposed two days ago" and "did it on one knee." METRO WORLD NEWS

Celebrity Buzz

Scarlett spooked by musical theatre

NOT IN THE LIMELIGHT Scarlett Johansson is putting off plans to appear on Broadway — because she suffers from "crippling" stage fright, femalefirst.co.uk reports.

The actress admits treading the boards in New York is a dream of hers, but she has to overcome a phobia of performing live first.

The stagefright is made all the more surprising because Johansson happily appeared in numerous plays as a child actress.

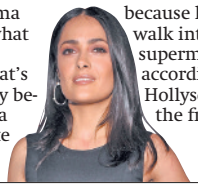
She tells America's Glamour magazine, "I would love to work on Broadway, but I don't know that it would manifest itself in musical theatre ... I have terrible stage fright that I'd have to get over.

"(It is) crippling. Not as a kid. It came on when I was a teenager, and I think it somehow sticks with you."

The actress is back on the big screen when she joins the Iron Man franchise for the second movie in the series. METRO NEWS SERVICES

Salma seethes over 'the freaks'

PHOTO RAGE Salma Hayek knows what freaks her out: paparazzi. "What's freaky is the guy behind the camera who is desperate and so excited because he's seeing you walk into a supermarket," she says, according to Hollyscoop. "They're the freaks ... I hate it." METRO WORLD NEWS



Octomom crushes on Jon

AN INDECENT PROPOSAL Jon and Nadya plus 22? If things go sour with girlfriend Hailey Glassman, Jon Gosselin has at least one other admirer: Nadya Suleman, usmagazine.com reports.

"I kind of have a crush on Jon Gosselin," the single mother of 14 quipped to Radaronline.com. "I think he's hot ... he looks cute in purple."

But Suleman, 33, doesn't crush on Gosselin at the expense of his estranged wife, Kate. "I feel for her. I wish everyone would leave her alone," she says, admitting she's never seen a full episode of their on-hiatus TLC show. "I'm sure she trusts herself and trusts that she's strong enough to handle it."

Dating advice? "I don't think any single mother of any amount of kids should start dating," she quipped.

Her sudden sympathy for Gosselin, 34, marks a change of heart. in June, Suleman sniped of the reality-TV star, "Why are you so desperate to glob on to my life? For attention?"

And despite earlier reports, Suleman insists she has no reality show plans of her own.

"I already made up my mind a long time ago," she says. "I think it's exploitative. I don't care what the dollar amount would be. It's not worth it. It's not healthy for the kids." METRO NEWS SERVICES

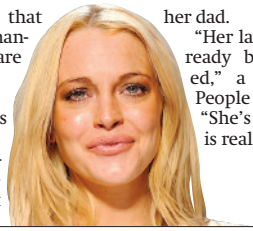
Lohan seeks restraining order against dad: Reports

BAD DAD Michael Lohan continues to tell anyone who will listen that daughter Lindsay Lohan is in desperate need of an intervention.

He showed up on an Australian radio show to tell everyone that Lindsay is addicted to prescription drugs, and that she and Samantha Ronson are just friends.

Lindsay, meanwhile, is reportedly seeking a restraining order against her dad.

"Her lawyer have already been contacted," a source tells People magazine. "She's scared. This is really serious." METRO NEWS SERVICES



Celebrity tweets

Rivers Cuomo doesn't like children, Taylor Swift loves her fans, John Mayer gets uncharacteristically introspective, and Pink gets some odd requests from fans.

• @riverscuomo
Anyone else ever turn off their lights and pretend like they're not at home on Halloween?

• @taylorswift13
Girl in the front row wearing a banana costume, I applaud you.

• @johncmayer
I can choose to indulge in my frustrations or I can choose to create a habit of happiness. It's not easy but it's worth the fight.

• @Pink
A girl just came up with a q-tip and asked me for a swab of my DNA. I said "I'm sorry, I'm an original"

METRO NEWS SERVICES

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www.michaeljackson.com

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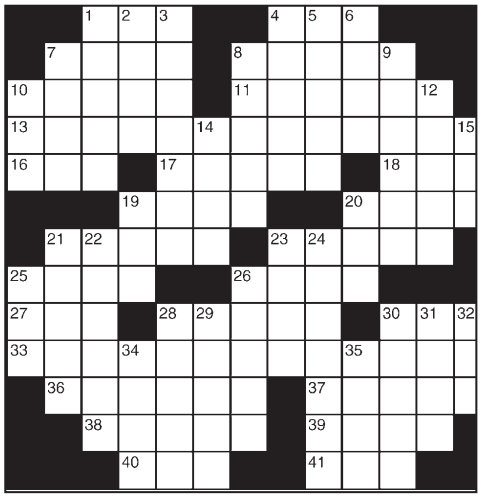
Take Five



ACROSS

1 Unruly bunch
4 Min. fraction
7 Bear lair
8 Parishioner's donation
10 November birthstone
11 Shocked
13 He played Paul Drake on "Perry Mason"
16 Common bill
17 Resigns
18 Participated in track
19 — and void
20 Mineral in sheets
21 Filled fully
23 Disinclined
25 "Sultan of Swat"
26 Undulating
27 Superlative suffix
28 Artless
30 Knock
33 Fictional sleuth, anagram of 13-Across
36 Polar peak
37 Boring tool
38 States with certainty
39 Gunky stuff
40 NYC transit letters
41 Golf prop

DOWN

1 Syrup flavor
2 Elliptical
3 Game like pinochle
4 Vision
5 Community spirit
6 Fellow
7 Nickel, e.g.
8 Language of Sri Lanka
9 — de corps
10 Pair
12 Instruct
14 "— Lang Syne"
15 Genetic abbr.
19 To the — degree
20 Has permission
21 Cold fish?
22 Theseus' land
23 Volcanic flow
24 Emote
25 Agent, for short
26 Hardly macho men
28 More pleasant
29 In different places
30 Scalawag
31 Dumbstruck
32 Capita lead-in
34 Jeans maker Strauss
35 Entice

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3		7		1	8			4
	4		3					7
	6		2				5	
4							8	
		6	5		3	1		
	2							9
	9				5		7	
8					6		2	
5			4	9		8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	B	E	T		S	P	A		M	A	D	E		
R	A	R	E		T	A	U		A	V	O	W		
G	R	I	T		O	R	G	A	N	I	Z	E		
O	R	C	H	A	R	D		R	I	V	E	R		
			E	L	K		A	I	L					
T	H	E	R	E		O	R	L	A	N	D	O		
W	E	B			E	L	M			O	O	P		
O	R	B	I	T	E	D		Z	I	N	G	S		
			G	E	L		F	I	N					
N	O	O	N	E		O	R	P	H	E	U	S		
O	R	D	I	N	A	R	Y		A	X	L	E		
S	C	O	T		U	S	E		L	I	N	E		
Y	A	R	E		F	O	R		E	T	A	S		

6	3	1	9	2	5	8	7	4
5	9	2	8	4	7	6	3	1
4	8	7	3	6	1	9	2	5
7	4	8	1	9	3	5	6	2
2	5	9	6	7	8	4	1	3
1	6	3	2	5	4	7	8	9
3	1	4	7	8	9	2	5	6
8	2	5	4	3	6	1	9	7
9	7	6	5	1	2	3	4	8

On the web

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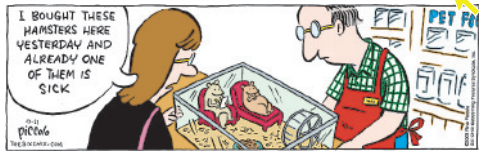

Metro Recipe of the Day

Pierside Salmon Patties

INGREDIENTS:

2 eggs, beaten
1 cup (250 ml) milk
2 tbsp (25 ml) lemon juice
3 cups (750 ml) coarsely crushed saltines (about 66 crackers)
2 tsp (10 ml) finely chopped onion
1/4 tsp (1 ml) salt
1/4 tsp (1 ml) pepper
2 cans (14-3/4 oz./418 g each) salmon, drained, bones and skin removed

DILL SAUCE:

2 tbsp (25 ml) all-purpose flour
1 tsp (5 l) snipped fresh dill or 1/2 tsp (2 ml) dill weed
1/4 tsp (1 ml) salt
Dash pepper
Dash nutmeg
1-1/2 cups milk

METHOD:

1. In large bowl, beat eggs, milk, lemon juice, saltines, onion, salt and pepper. Add salmon and mix well. Shape into twelve 3-in. (7.5 cm) patties. Place in greased 15-in. x 10-in. x 1-in. (38 cm x 25.5 cm x 2.5 cm) baking pan. Bake at 350 F (180 C) 30-35 minutes or until lightly browned.
2. Meanwhile, melt butter in pot. Stir in flour, dill, salt, pepper and nutmeg until smooth. Gradually add milk. Bring to boil; cook and stir 2 minutes or until thickened. Serve with patties.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
It's time to make a decision about a partnership matter. If you don't make it now the decision will be made for you, so stop beating around the bush.

TAURUS ♉
APRIL 21-MAY 21
Don't let your anxieties get the better of you today, especially in matters related to your physical, mental and emotional wellbeing.

GEMINI ♊
MAY 22-JUNE 21
You still have time before the Sun moves out of Libra to put the final touches to a creative project. It will bring you personal satisfaction.

CANCER ♋
JUNE 22-JULY 22
If you get involved in a falling-out between friends today you must make sure you are scrupulously even-handed.

LEO ♌
JULY 23-AUG 23
You might not believe that change is good but if you think about the positive changes of recent months you'll find it hard to disagree.

VIRGO ♍
AUG 24-SEPT 22
If you want something enough you will find a way to get it but watch out it does not cost you considerably more than you expected.

LIBRA ♎
SEPT 23-OCT 23
If you feel that time is running out and you need to do something quickly or miss out on your big chance then you need to get a grip on yourself.

SCORPIO ♏
OCT 24-NOV 22
The Sun in Libra has focused your mind on things you would no doubt prefer to ignore or even pretend do not exist.

SAGITTARIUS ♐
NOV 23-DEC 21
Making wishes might strike you as a complete waste of time but if you focus on what you desire today you might just get it.

CAPRICORN ♑
DEC 22-JAN 20
Do you carry on with something you started weeks ago? Only you can decide but it must be one or the other. Make a decision and stick to it.

AQUARIUS ♒
JAN 21-FEB 18
You are coming up to a critical time for work and career matters. You will get the chance to better yourself over the next three to five days. Aim high.

PISCES ♓
FEB 19-MARCH 20
Don't take what you hear too seriously today because it is most likely only a small part of the overall story.

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This day in history

1096: Turkish army annihilates the People's Army of the West, People's Crusade.
1774: First display of the word "Liberty" on a flag, raised by colonists in Taunton, Massachusetts in defiance of British rule in Colonial America.
1879: Using a filament of carbonized thread, Thomas Edison tests the first practical electric incandescent light bulb (it lasted 13½ hours before burning out).
1945: Women's suffrage: Women are allowed to vote in France for the first time.

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